



## CERT Update: 3/15/05

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NOTE: The information that follows is intended for individuals who have completed Community Emergency Response Team (CERT) training in Arlington County. While much of the information we share is universal in nature, some may apply only to active members of the Arlington County CERT.

### Welcome New CERTers!

On Saturday, February 26<sup>th</sup>, 15 County residents completed their training and became full-fledged members of the Arlington CERT. To-date, 269 residents and 49 business people -- who work here but reside elsewhere -- have completed the CERT training ... all in just two-and-a-half years! Congratulations and welcome to all!

### Lyon Park CERTers are Tornado-Ready

A number of members of the Lyon Park-Ballston-Ashton Heights CERT gathered on Sunday, March 13 to test their tornado preparedness. They reported to their incident commander who divided the group into four teams and sent them out to assess damage in a 40+ block area. Each team carried a two-way radio, which was used to report the 35 blocked streets that were scattered throughout the drill area. After practicing their map reading, reporting and radio skills, participants triaged 88 victims in Lyon Park ... allowing only 30 seconds per victim! Many thanks to Lyon Park CERT coordinator and our training coordinator, for organizing yet another great drill.

### Hospital CERT Also Prepares for Tornado Season

Seven members of the Hospital CERT also checked their tornado preparedness on Sunday. They began by activating their phone tree, staging for action, and then surveying all three of their civic associations -- by car -- for blocked streets. Lessons learned include: two-way radios are helpful, but not always reliable (distance, weak batteries), we all need to download and carry maps for the civic associations within our "clusters", CERT forms can help standardize documentation, and we need to get in the practice of wearing our CERT gear (vest, ID and hat) when "on duty". Many thanks to Hospital CERT coordinator, for providing his team with a great opportunity to check their readiness and get to know their neighborhoods.

### Buckingham CERTer Assists with Special Delivery

This past weekend a Buckingham CERT member really put her CERT training to the test when she assisted in the surprise delivery of a baby. The mother, who didn't know she was expecting, went

into labor in her apartment ... and the CERT went into action. She called 911, then pulled out her latex gloves, some bandages and other CERT supplies. She says she used knowledge gained in CERT classes and the subsequent CPR/AED/first aid class provided by CERT and taught by the Red Cross to help deliver and revive the baby before help arrived. Mother, baby and CERTer are doing fine! Way to go!

### **New CERT Class Begins April 5: Only a Few Seats Remaining**

The next CERT class – and likely the last one until September – begins Tuesday, April 5. If you have friends, neighbors, relatives and/or coworkers who reside in Arlington and are interested in the training, let them know there are still a few seats remaining in this session. The class will meet on six Tuesday nights (April 5, 12, 19, 26 and May 3 and 10) and two Saturday mornings (April 30 and May 21). Interested parties should contact Cynthia ASAP at [ArlingtonCERT@aol.com](mailto:ArlingtonCERT@aol.com).

### ***Seven Signs of Terrorism Video***

Following is the link to a seven-minute video detailing the *Seven Signs of Terrorism*. It was originally developed for use in training Michigan State Police and is now being distributed to community groups in Michigan. It's worth a few minutes of your time to take a look. Thanks to Alexandria CERT for sharing this with us.

[www.wzzm13.com/news/news\\_article.aspx?storyid=35456](http://www.wzzm13.com/news/news_article.aspx?storyid=35456)

### Another Interesting/Educational Website

If you're interested in the daily case count of avian flu in humans, have we got a website for you! An Old Glebe CERTer recommends taking a look at the University of Minnesota's Center for Infectious Disease Research and Policy (CIDRAP) website for tons of information regarding bioterrorism and various types of influenza. It's a wealth of information ... but not recommended for hypochondriacs! You can find it at [www.cidrap.umn.edu](http://www.cidrap.umn.edu).

### Your Own Personal Tornado Siren: NOAA Radio

If you don't already own a NOAA all-emergency alert radio – and would like to – now's your chance. We'll be placing a group order on March 28 for CERT members interested in purchasing Reecom NOAA radios at a significant discount (\$45 for the model with AM/FM and \$38 for the one without; includes shipping). These radios include SAME technology which enables you to program in specific counties/cities and normally retail from \$69 on up. In the event of an emergency (weather and other), a siren sounds and a voice details the situation. The Reecom also has battery-backup so the AM/FM version could serve as a battery operated radio should you lose power. If you'd like additional specs or want to be included in the order, let Cynthia know at [ArlingtonCERT@aol.com](mailto:ArlingtonCERT@aol.com) no later than 9 am on March 28. If you want to purchase additional radios as gifts or for work, you may use the CERT discount. This will likely be our last group order until September, so act now if you're interested ... tornado season is upon us!

### Last call: 4-in-1 tool and traffic wands

Next Monday, March 21, we'll be placing orders for traffic wands and 4-in-1 emergency shutoff tools. Let Cynthia know before then if you want to be included. The traffic wands fit over the end of Mag-Lite flashlights (those that use either C or D batteries) and are \$3 plus shipping. They come in red/orange, yellow and clear.

The 4-in-1 tool, made by On Duty, is used for utility shutoff, digging through debris and prying things open. It's made from a heat-treated alloy that won't spark and is lightweight. Many CERTers already own these. They are \$9 plus shipping (and can be found for as much as \$30!). Don't forget, Mother's Day is coming!

### Free Red Cross Training Coming to a Close

There are only about 50 slots remaining for the free Red Cross CPR/AED/first aid training made available using our grant monies ... and we're going to use them up before summer. If you haven't yet taken advantage of this special offer – and would like to – watch for related communication in the next week or so. We are no longer enrolling through the Red Cross, but are arranging our own classes to be held at the Fire Academy or local community centers. To that end, we will be scheduling three or four classes solely for CERT members during April and May. They will be from 9 am to 5 m on either a Saturday or a Sunday. If you have a preference, let Cynthia know.

### Red Cross Disaster Leadership Training: 55 and Older

The American Red Cross Washington Metropolitan Area Consortium (WMAC) is looking for volunteers aged 55 and older interested in disaster response leadership roles during medium and large responses in the DC metro area. For more information – and a schedule of meetings -- visit <http://arcwmac.org> or contact Sally Cooney, recruitment coordinator, at [scooney@arlingtonredcross.org](mailto:scooney@arlingtonredcross.org) or 703-527-3010 x753.

### Hoops for Charity: Arlington's Bravest versus Arlington's Finest

This Saturday, March 19 from 4 to 6 pm the Arlington County Police and Fire Departments will face off in a charity basketball game at Marymount University's Verizon Sports Arena (2807 N. Glebe Road) to benefit tsunami relief efforts. Admission and parking are free; donations will be collected at the door. Halftime entertainment will be provided by cheer and dance squads from local schools.

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*Happy springtime ... and a safe tornado season!*  
*Cynthia*